

<u>Click Here for registration on all Straight-Up Pickleball programs through Barnstable Rec</u> or click on links below for specific events.

July through September Straight-Up Pickleball clinic/event options are posted through Barnstable Recreation! Lots of fun and interesting topics! Find the perfect fits for you!

1. Clinics:

- 1. <u>Skills Clinics for Intermediate and Advanced Students</u>: you are going to love these focused 90-minute clinics because the focus is clear and concise, leading to permanent change in your game! The coach/student ratio is set to provide personal and immediate feedback.
 - a. "How to Beat the Banger" July 10th: Click Here
 - b. "Strategic Attacking" Aug 11th: Click Here
 - c. "The Perfect Pickleball Backhand" Sept 15th: Click Here
- 2. <u>3-Hour Boot Camps:</u> NEW on 8/18! For players serious about improving! How it works: complete a multifaceted individual assessment on two or three skills while being videoed, receive coaching points through video review, improve each skill with focused exercises and application games. Wrap up with a final assessment to measure improvement. <u>Click Here</u>
- 3. Novice Clinic in Aug: Two 90-minute sessions 8/14 and 8/21 perfect for players who recently learned to play or are coming back to the game and looking to expand on skills and strategies! Click Here
- 4. <u>Beginner Clinics, 2.5 Hour Session offered 7/7 and 9/8</u>: learn to play pickleball in 2.5 hours (one and done)! Perfect for those interested in an evening lesson. Quickly see why pickleball is the fastest growing sport in America 4 years running! Click Here for 7/7 and Click Here for 9/8
- 5. <u>Beginner Clinic, Two 90-Minute Sessions 8/14 and 8/21</u>: learn to play pickleball in two 90-minute sessions late afternoon. Quickly see why pickleball is the fastest growing sport in America 3 years running! <u>Click Here</u>

2. Small Groups:

- 1. <u>"Play with the Coaches"</u>: this is a fun hour! On the spot coaching through game play! Lots of long rallies and play breakdown. Leave with your top priorities. <u>Click for 7/10</u> <u>Click for 8/11</u> <u>Click for 7/15</u>
- 2. <u>"Two and a Coach"</u>: Are you interested in more personalized coaching with a friend or family member? This is the small group for you! Sign up as one slot for this one-hour lesson. <u>Click for 7/14 4:00 with Todd</u> <u>Click for 9/11 4:30 with Karl</u>
- 3. Private Lessons, One-to-One: New lesson format for Barnstable! Drop shots, serve consistency, footwork, mindfulness, soft hands, effective return of serve, overheads, lobs, etc....you name it, the coach will be there for you in this one-hour lesson! Click for 7/7 with Todd Click for 8/13 with Sophie Click for 9/11 with Karl
- 3. Minor League Pickleball 9/3!: It's all the rage! Minor League Pickleball is a fun and competitive team event! Sign up individually; participants are organized by skill level and put into teams of 4. Teams go head-to-head against each other in varying doubles matchups. Winners enter drawing for prizes at the end of the season! This Minor League event is a great way to get to know people and improve your game! Click here for more information and registration

You may direct questions via email to: laurau@straightuppb.com.

Thank you for entrusting your pickleball coaching with Barnstable Rec and Straight-Up! We are excited to see you on the courts!